

MOVE!

Psychiatric Conditions



Having a psychiatric condition such as Major Depression, Post Traumatic Stress Disorder, Generalized Anxiety Disorder, Bipolar Disorder, or Schizophrenia, may, or may not, add some complication to your efforts to lose weight, but it doesn't mean you can't do it! With the effective treatments and medications used to treat these conditions today, people with these disorders can live full lives, and can be just as capable of losing weight as anyone else. Here are some tips:

- Work closely with your medical and psychiatric care providers to make sure you are receiving effective treatment.
- If you have a psychiatric condition and are not receiving treatment for it, and think you need to be, ask about being evaluated for treatment by the Mental Health team.
- There are a few medications that can increase a person's appetite and cause weight gain. Work closely with your psychiatric care provider to see if you are taking one of those medications, and if so, if there are any alternative medications that don't cause increased appetite. If not, don't despair-- you can still lose weight anyway!
- You may find that you need to take very small steps towards doing all of the recommended things to lose weight. That's OK! Do it at your own pace. One thing at a time... Making too many changes all at once doesn't work very well anyway.
- It is always helpful to get support and encouragement from others. Ask for encouragement from people who you think will be willing to help. Participating in a small weight control group program may be helpful in getting that support.